

SEX WEEK™

AT YALE

THE MAGAZINE

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LEARN
SURE-FIRE
TIPS FOR MAKING
WOMEN
ORGASM!

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THINKING

OUTSIDE HER BOX

A PRIMER ON SEXUAL CLITERACY

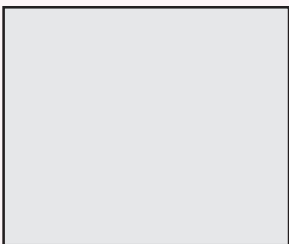
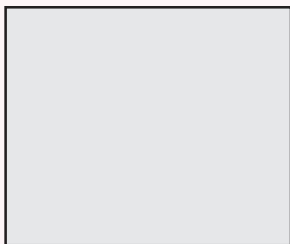
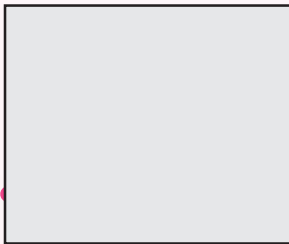
by dr. ian kerner

Unsolved Mysteries. America's Most Wanted. Without A Trace. It's the way most of us guys feel about the female orgasm—it belongs right up there on the back of the milk carton. Let's face it: Pleasuring a woman is like an episode of *CSI* (in this case, Climax Scene Investigation); we're always looking for hard evidence.

Most guys know more about what's under the hood of a car than the hood of a clitoris. We're woefully "ill-cliterate," which is a shame when you consider that the clitoris—with more than 18 parts, twice as many nerve endings as the penis, and the enviable ability to produce multiple orgasms—is the indisputable powerhouse of the female orgasm.

Fortunately, multiple orgasms mean multiple ways to produce them, so in the spirit of resourcefulness, here are some sexual survival tips for making it happen.

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2 Think outside the box

Rare is the man who boasts in the locker room, “I made love to her as subtly and lightly as a feather,” or, “I grazed her vulva as with the delicate wings of a butterfly.” Yet such language would be appropriate, since the inner two-thirds of the vagina are substantially less sensitive than the outer third. So think outside the box (pun definitely intended), but know that the clitoris is extremely sensitive to physical sensation and needs to be properly prepped for serious stimulation. Avoid her genitals and go easy on the breasts for a good 10 to 15 minutes. As one woman commented, “There’s no greater turn-on than when a guy’s lying on top of you and you’re both still wearing your clothes. You know they’re going to come off, but you don’t know exactly when or how, and it’s a precious moment.”

It doesn’t always have to involve immediate genital contact. Difficult as it may be, it’s important to separate the concept of procreation from pleasure: The penis, by dint of its convenient fit into the vagina, may play an instrumental role in the former, but that doesn’t mean it’s ideally suited to the latter.

3 Develop a clitoral compass

When embarking on a journey of female sexual response, know your way around her vulva—from the northern tippy-top of the clitoral glans (the “love-button,” so to speak), to the western and eastern boundaries of the labia minora (her inner lips), to the southernmost regions of the perineum (the smooth expanse of skin just below the vaginal entrance) and anus.

Stop thinking of the clitoris as a little bump, and start thinking of it as a complex network, a pleasure-dome, the Xanadu at the heart of female sexuality. With over 8,000 nerve fibers, the clitoris has more of them than any other part of the human body and interacts with the 15,000 nerve fibers that service the entire pelvic area. As science-writer Natalie Angier says of the clitoral network, “Nerves are like wolves or birds: If one starts crying, there goes the neighborhood.”

1 Ladies first

When it comes to satisfying a woman, a little old-fashioned chivalry goes a long way. Lest you think the importance of such courtesy is over-exaggerated, direct your attention to Lorena Bobbitt who, when questioned by police as to why she cut off her husband’s penis, responded, “He always has an orgasm and doesn’t wait for me. It’s unfair.” Need one say more?

The simple fact is that the male orgasm typically comes easily. Masters and Johnson dubbed it “ejaculatory inevitability” and the late Dr. Alfred C. Kinsey, famous for interviewing thousands about their sex lives, declared that 75 percent of men ejaculate within two minutes.

Is it any surprise, then, that researchers from the University of Chicago declared in the 1994 “Sex in America Survey” that men reach orgasm during intercourse far more consistently than do women, and that three fourths of men, but less than a third of women, always have orgasms? That means that more than two out of three women on average are consistently denied their climax—good reason to start hiding the cutlery.

Studies such as those by Kinsey and Masters & Johnson have concluded that among women whose partners spent 21 minutes or longer on foreplay, only 7.7 percent failed to reach orgasm consistently. That’s a shift of tectonic proportions, from two out of three women not being able to reach climax to nine out of ten achieving satisfaction, all because of a matter of minutes.

So take the path of the true gentleman: Postpone your pleasure. As Sir Thomas Wyatt, father of the English sonnet, wrote, “Patience shall be my song.”

4 Let your fingers do the walking, and don't stop talking

That advice comes from one of my female patients, who told me that some of her best orgasms came while receiving manual stimulation from her boyfriend as he simultaneously stared into her eyes and talked dirty. I won't put words in your mouth (you can use your imagination for that), but I will tell you to rest comfortably on your side, place your hand over her vulva, and press against her pubic mound with the base of your palm. Let your fingers drape against the full expanse of her vulva like a thick curtain. Let her push against your palm, and use your index and middle fingers to make rhythmic upside-down come hither gestures along her vaginal entrance. Lightly stimulate her clitoral glans (the head) with your fingertips. For some variety, reach in and up with two fingers and press them against her vaginal ceiling as though you were lifting her up off the bed, an ideal way to simultaneously stimulate her clitoris and G-spot.

5 The tongue is mightier than the sword...

... but not when used like a cobra lashing out at a mongoose. As one woman confessed to me, "Every time my boyfriend goes down on me, it's like the running of the bulls in Spain: a mad stampede for the clit, and I just want to get out of the way."

When it comes to pleasuring women and conversing in the language of love, cunnilingus should be every man's native tongue. Even porn star Ron Jeremy, in possession of the famous 10-inch member, observed, "More women have gotten off with my tongue than with my penis."

When surveyed by Shere Hite regarding their partners' oral techniques, the vast majority of women complained that guys were too rough, too impatient, too fast, too slow, off-target, or changed rhythm at the wrong time. One woman even exclaimed, "It seems like he is trying to erase my clitoris!"

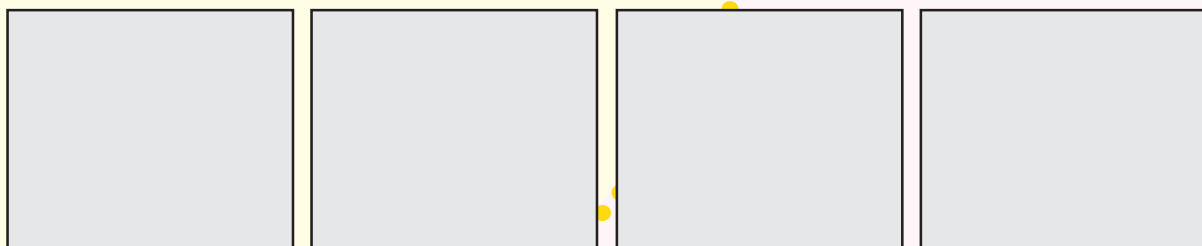
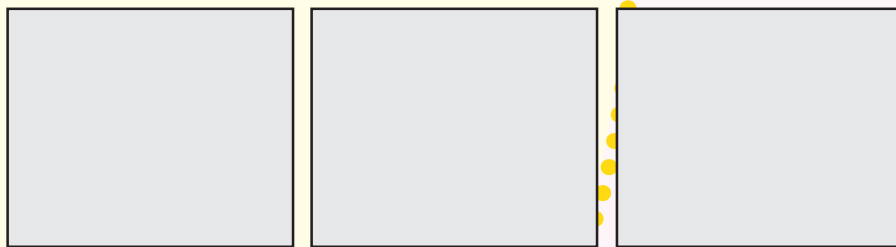
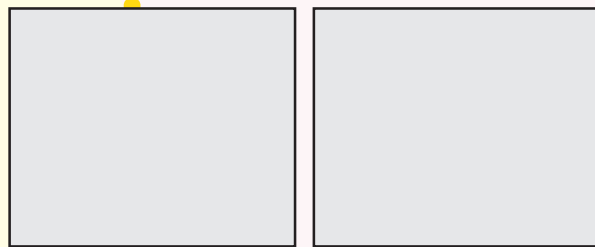
Once found, a skilled cunnilinguist rarely goes unappreciated. But if you're not sure exactly how, just press a flat, still


TREAT HER LIKE CHINESE ROYALTY

The Cradle of Erotica, by A. Edwardes & R. E. L. Masters, tells us that in the T'ang Dynasty, the Empress Wu Hu ruled China. She knew sex and power were inexorably linked, and she decreed that government officials and visiting dignitaries pay homage to her Imperial Highness by performing cunnilingus upon her. No joke. Old paintings depict the beautiful, powerful Empress standing and holding her ornate robe open as a high nobleman or diplomat kneels before her, applying his lips and tongue to her royal mound. Gone are the days of kings, queens, and royal decrees, but inside many a modern woman is an Empress Wu Hu, longing to be honored by her nobleman.


tongue against her vulva and let her do the work. It's the cunnilingus equivalent of letting her get on top.

One of my favorite tongue techniques is the "Rope-a-dope"—the strategy Muhammad Ali used to take down George Foreman during the edge-of-your-seat Rumble in the Jungle. Let her push and grind against your flat, still tongue—take it all in—and then spring back with a series of fast vertical and diagonal tongue strokes. Lick her senseless with a short burst of energy






and then return to the flat, still tongue, waiting for yet another opportune moment to spring to life again.



Try licking her with the skill of an experienced painter: broad strokes, with pinpoint targeted precision. Swooping serpent-like, start with the flat part of the tongue and end with the tip. Be sure you know what you're aiming for; demonstrate the precision that underlies the passion.


6 Learn how *not* to make love like a porn-star



Irrespective of Jenna Jameson's best-selling admonition, take the pressure off and think of your penis as just another tool in your sexual survival kit.

Focus on shallow thrusts. In the standard missionary position (you on top, her beneath you), use the tip of your penis to barely penetrate her vaginal entrance. Let your penis rest just inside her. (If you're uncomfortable in the missionary position, simply kneel or sit in front of her vulva). Linger. Loiter. Meander. Stay close to the entrance.

Press your thumb against her clitoral head and gently flick it from side to side as you penetrate her with your short, shallow thrusts. Or press the shaft of your penis against her clitoris and gently thrust between the folds of her labia without ever entering her. When you thrust deeply, press your pelvic bone against her clitoris and hold the position before withdrawing.



7 Get into the 90-second window

Before shifting from genital penetration to orgasm, use manual and oral stimulation to bring her as near as possible to the point of orgasmic inevitability.

Cunnilinguists are in a great position to observe the visible signs of arousal, especially when the lights are on. Of particular note will be the darkening in color and deepening in luster of her inner labia and the retraction of the clitoral head into its hood, both signs that she's within 90 seconds of reaching climax. Even in the dark, it's not hard to observe when the glans has retracted; focus on feeling the head when it's fully protruded and erect, and you'll easily be able to recognize its absence.

Once she's in the 90-second window, try the female superior position (woman on top). This position is ideal for her to:

- Position her clitoris against your pubic bone at the base of your penis and achieve the ideal amount of pressure;
- Stimulate her clitoral cluster against your penis;
- Control rhythm and pace;
- Modulate the experience of orgasm.

Or try the Coital Alignment Technique (CAT). This sexual position is designed to greatly improve a woman's chance of orgasm through genital penetration and enhances the standard missionary position (man on top). During CAT, the man penetrates from a higher angle than usual, placing pressure on the woman's clitoris with the base of his penis and pubic bone. When performing CAT, the main thing to keep in mind is to maintain contact with the clitoris. The overall movement is much less a thrusting than a synchronized rocking back and forth, with the focus on the clitoris and the base of the penis.

8 Okay, we've been touching on it; now let's hit it directly

Fortunately, the G-spot, named after German doctor Ernest Grafenberg, is really more of an area than a single spot. Located atop the vaginal ceiling, with the

**STOP THINKING OF THE CLITORIS
THINKING OF IT AS A COMPLEX
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diameter of a small coin, you can actually feel it swell during arousal. The G-spot responds to firmer stimulation than the clitoris, and though its stimulation will very likely enhance or deepen clitoral satisfaction, that won't happen independently of the clitoris. Some of the latest research even suggests the G-spot is nothing more than the back-end roots of the clitoris. That's why I like to think of it as the "clitoral cluster."

That brings us to the point that the most satisfying orgasms are the ones that combine clitoral and G-spot stimulation, also known as the blended orgasm. Focus on simultaneously stimulating the surface of her vulva and her upper-vaginal ceiling. Some time-proven combinations for producing blended orgasms that respectively stimulate her clitoris and G-spot include tongue-fingers, tongue-vibrator, and fingers-vibrator.

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You might be thinking, with all of these various roads to orgasm, which is the one best traveled? All women have the innate capacity to experience multiple orgasms, and many realize this potential during masturbation. As Natalie Angier has written of the female orgasm, "It may take many minutes to reach the first summit, but once there, the lusty mountaineer finds wings awaiting her. She does not need to scramble back to the ground before scaling the next peak, but can glide like a raptor on currents of joy."

Finally, remember to end on a high note. To paraphrase the pioneering sexologist Theodore Van de Velde, it's in the moments after orgasm that a man proves whether or not he's an "erotically civilized" adult. An extra 15 minutes spent cuddling, snuggling, and whispering sweet-nothings is the way to show her you're really big-time; whereas, coming and then going is a one-way ticket to Palookaville. **S**

AS A LITTLE BUMP, AND START NETWORK, A PLEASURE-DOME, FEMALE SEXUALITY.

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TOO GOOD TO BE TRUE? HOW TO TELL IF SHE'S FAKING IT.

The best way to tell if a woman's faking an orgasm is to know how to recognize the real thing. Signs of arousal become visible throughout the process of sexual response, particularly during the pre-orgasm phase.

So what are these signs? How can you tell when she's close to orgasm? Throughout the ages, wise men have reflected upon this question and, in *The Tao of Love and Sex*, author Jolan Chang offers us the "indications of female arousal," as laid out by Taoist Master Wu Hsien:

"Her hands are hot and her abdomen warm, and at the same time her language becomes almost unintelligible. Her expression looks as though she is bewitched, her body is soft as jelly and her limbs are droopy. The saliva under her tongue has been sucked dry."

Well, okay: Though today's man might not notice if "the saliva under her tongue has been sucked dry," he is apt to observe:

- An increase in the pace of her breathing;
- An increase in body temperature and heart rate;
- A high state of tension in her muscles (hypertonicity);
- A tightening of the abdominal muscles;
- A throbbing of her PC muscles and a general "bearing down" on the pelvic area.

Ian Kerner, Ph.D., FAACS, is the author of *She Comes First: the Thinking Man's Guide to Pleasuring a Woman*, selected by *Amazon.com* as a "Best of 2004" non-fiction title. He appears regularly on a number of popular television shows and has contributed his sex and relationship advice to numerous magazines. Dr. Kerner also co-hosts a television series for the Discovery Health Channel entitled *Love On The Rocks* and is a relationship expert for Lifetime Television. Visit www.shecomesfirst.com for more information.

